



MOTHERS NOTEBOOK

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First Week Edition

Welcome Home Baby! The first week of life with a new baby is exciting, but it can also be very stressful for both mom and baby. Babies need **a lot** of attention. There is a big learning curve in the beginning as you and baby adjust to each other. It's normal to feel unsure and worry if baby is getting what he needs.

Nursing the baby frequently, at least 8 times in 24 hours, is the best way to ensure your baby is stimulating your milk supply. Over the first week your milk supply will gradually change from the colostrum you made in the beginning to a milk that contains more fluid. Feedings will gradually shorten as baby gets milk faster. Your breast should feel full before feeding and softer after. You should be able to hear the baby swallowing or gulping, especially at the beginning of a feeding. The baby should have at least 3 to 5 messy diapers in 24 hours by day 5. It should not hurt or be painful to breastfeed. If you are sore, please call for support and get help to find a comfortable latch. You can call or text me anytime.

The Big Question-How do I know if my baby is getting enough to eat?

Watch the Baby - The baby gives you lots of information even at this age. He can tell you when he is hungry and when he has had enough. He can even tell you if he is happy with the latch or how he is being held.

I'm Hungry! - Early cues of hunger are: baby's hands are in a fist, or licking or sucking on lips and tongue. If no one notices these early cues then the baby speaks up by rooting, moving his head side to side, fidgeting, or waving his arms. The last stage of hunger is crying. If you catch baby before this stage it will be easier to get him to calm down and feed.

I'm Full - When babies are feeling satisfied, their hands and body are relaxed. Most babies will feed until they fall asleep and release the nipple. Let baby stay on the first breast until he ends the feeding.

Take this time to burp or change the baby. If he wakes up, offer the second breast. It's OK if baby feeds on just one side. Just start with the breast that wasn't emptied at the next feeding.

If you are not sure if baby is hungry, go ahead and try feeding. Babies feed on their own schedule. Sometimes they will cluster feed. This is when babies feed many times close together, for example 4 feeds in 3 hours, but may then sleep deeply for a few hours. Studies on colicky babies find that fussy babies are fed less often than more content babies. **Don't worry, your baby won't get spoiled by being held so much, he needs that right now. He can't comfort himself and he needs lots of time with mom and dad.**

If you are still feeling unsure, call me and we can talk.

Moms who get support from other breastfeeding moms or lactation counselors are more likely to continue breastfeeding. I am happy to be that person for you. It Will Get Easier!!!!